

PHYSICAL ACTIVITY STAGING

REGULAR PHYSICAL ACTIVITY: For physical activity to be considered "regular" it must be done for 30 minutes at a time (or more) per day, and be done at least four days per week. The intensity of activity does not have to be vigorous but should be enough to increase your heart rate and/or breathing level somewhat. Examples of activities could include brisk walking, leisure biking, swimming, line dancing, and aerobics classes or any other activities and other activities with a similar intensity level.

According to the above definition:

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|---|---------------------------|--------------------------|
| 1. Do you currently engage in regular physical activity? | <input type="radio"/> yes | <input type="radio"/> no |
| 2. Do you intend to engage in regular physical activity in the next 6 months? | <input type="radio"/> yes | <input type="radio"/> no |
| 3. Do you intend to engage in regular physical activity in the next 30 days? | <input type="radio"/> yes | <input type="radio"/> no |
| 4. Have you been regularly physically active for the past six months? | <input type="radio"/> yes | <input type="radio"/> no |

SCORING

If item 1 = NO and item 2 = NO	Precontemplation
If item 1 = NO and item 2 = YES and item 3=NO	Contemplation
If item 1 = NO and item 3 = YES	Preparation
If item 1 = YES and item 4 = NO	Action
If item 1 = YES and item 4 = YES	Maintenance